

# **[WAABSHKI-MIIGWAN PHASE 3 WORKBOOK]**



Welcome to Phase Three. Keep working hard and stay focused. This phase is tough. But you have proved that you have what it takes to complete it. Phase Three is the maintenance level and it will focus on recovery maintenance and advanced treatment. You will dig deep into yourself to discover the issues that hinder your growth. Many stop at this point of their recovery and settle for less than full potential. This phase is crucial to your recovery. After completion of this phase a weight will be lifted. You will be a new person. Don't turn back. Reach full potential.

*I told him that I hoped one day  
the Creator would make it known  
to him that it would be time to  
pass the feather on to another  
who needs it more than he does.*

*-Rita Gasco-Shepard  
Tribal Elder*

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## Week 19 - Setting Life Goals

### Week-to-Week Workbook Assignments

- ☐ **Read Ch. 11, “A Vision for You”,** in the AA Big Book.
- ☐ Complete **“Reading Essay”** exercise.
- ☐ Complete the **“SMART Goal Setting”** exercise.
- ☐ Look ahead to the **“My Family Book”** exercise to prepare for next week.
- ☐ Complete **Weekly Counseling Journal**.
- ☐ Complete **Weekly Sit Spot Journal**.

## **Reading Essays**

**How did you relate to the following readings?**

1. “A Vision For You” in the AA Big Book.

**Answer the following questions.**

2. What does it mean to you to “abandon yourself to God as you understand God”?
3. How do you think the man in the hospital was able to stay sober this time?

**What new insight did you gain from the following readings?**

4. The last four paragraphs of “A Vision For You” in the AA Big Book.

## SMART Goal Setting

Let's get busy living life on life's terms. The road to recovery is not only full of obstacles, but also opportunities and challenges. A beautiful part of recovery is accomplishing your life's dreams and fulfilling your purpose. During this exercise you will read how to create SMART Goals and apply them to your vision for the future. Remember, don't sell yourself short. Aim High! After getting clean & sober, many tribal members have gone on to achieve amazing things.

1. Read the following description of SMART Goals.

S = Specific

M = Measurable

A = Attainable

R = Realistic

T = Timely

### ***Specific***

Goals should be straightforward and emphasize what you want to happen. Specifics help us to focus our efforts and clearly define what we are going to do.

Specific is the What, Why, and How of the SMART model.

- a) WHAT are you going to do? Use action words such as direct, organize, coordinate, lead, develop, plan, build etc.
- b) WHY is this important to do at this time? What do you want to ultimately accomplish?
- c) HOW are you going to do it? (By...)

Ensure the goals you set are very specific, clear and easy. Instead of setting a goal to lose weight or be healthier, set a specific goal to lose 2cm off your waistline or to walk 5 miles at an aerobically challenging pace.

### ***Measurable***

**If you can't measure it, you can't manage it.** In the broadest sense, the whole goal statement is a measure for the project; if the goal is accomplished, then it is a success. However, there are usually several short-term or small measurements that can be built into the goal.

Choose a goal with measurable progress, so you can see the change occur. How can you tell when you reach your goal? Be specific. "I want to read 3 chapter books of 100 pages on my own before my birthday" shows the specific target to be measure. "I want to be a good reader" is not as measurable.

Establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goals.

### *Attainable*

When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals.

Goals you set which are too far out of your reach, you probably won't commit to doing. Although you may start with the best of intentions, the knowledge that it's too much for you means your subconscious will keep reminding you of this fact and will stop you from even giving it your best.

A goal needs to stretch you slightly so you feel you can do it and it will need a real commitment from you. For instance, if you aim to lose 20lbs in one week, we all know that isn't achievable. But setting a goal to lose 1lb and when you've achieved that, aiming to lose a further 1lb, will keep it achievable for you.

The feeling of success which this brings helps you to remain motivated.

### *Realistic*

This is not a synonym for "easy." **Realistic, in this case, means "do-able."** It means that the learning curve is not a vertical slope; that the skills needed to do the work are available; that the project fits with the overall strategy and goals of the organization. A realistic project may push the skills and knowledge of the people working on it but it shouldn't break them.

Devise a plan or a way of getting there which makes the goal realistic. The goal needs to be realistic for you and where you are at the moment. A goal of never again eating sweets, cakes, crisps and chocolate may not be realistic for someone who really enjoys these foods.

For instance, it may be more realistic to set a goal of eating a piece of fruit each day instead of one sweet item. You can then choose to work towards reducing the amount of sweet products gradually as and when this feels realistic for you.

Be sure to set goals that you can attain with some effort! Too difficult and you set the stage for failure, but too low sends the message that you aren't very capable. **Set the bar high enough for a satisfying achievement!**

### *Timely*

Set a timeframe for the goal: for next week, in three months, by fifth grade. Putting an end point on your goal gives you a clear target to work towards.

If you don't set a time, the commitment is too vague. It tends not to happen because you feel you can start at any time. Without a time limit, there's no urgency to start taking action now.

Time must be measurable, attainable and realistic.

2. Below, begin formulating your SMART goals using the outline given. Remember aim high when you set your goals and then break them down into shorter term goals until you can see what you can do TODAY to make your dreams come true.

***FINANCIAL - Income, Investments (If you can't dream it, it won't happen)***

Five-Year Goals

One-Year Goals

Beginning TODAY!

***PHYSICAL - Health, Appearance, Exercise***

Five-Year Goals

One-Year Goals

Beginning TODAY!

***PERSONAL DEVELOPMENT - Knowledge, Education, Self-Improvement***

Five-Year Goals



One-Year Goals

Beginning TODAY!

***FAMILY - Relationship to others, Development of children, Where do you want to live?***

Five-Year Goals

One-Year Goals

Beginning TODAY!

***SPIRITUAL - Traditional/Cultural Development, Church involvement, Personal commitment, Theological understanding***

Five-Year Goals

One-Year Goals

Beginning TODAY!

***SOCIAL - Increased number of friends, Community involvement, etc.***

Five-Year Goals

One-Year Goals

Beginning TODAY!

***CAREER - Ambitions, Dreams, Hopes***

Five-Year Goals

One-Year Goals

Beginning TODAY!

3. Now, look at each goal and evaluate it. Make any changes necessary to ensure it meets the criteria for a SMART goal.

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 20 - Know Where You Came From

### Week-to-Week Workbook Assignments

- ☐ Complete **“My Family Book”** exercise.
- ☐ Complete **Weekly Counseling Journal**.
- ☐ Complete **Weekly Sit Spot Journal**.

## My Family Book

This family tree exercise will shed light on your families past and help you discover what positive strengths your family exhibits. When you are finished you will have an orderly account of your family history that you can keep for the rest of your life. The family tree book that is provided is an electronic template that can be easily completed. You just insert your personal information, pictures, and other documents. Get started as soon as possible as you only have approximately one week to complete this project. The employees in the LTBB Archives and Records Department are ready to assist you with any questions you may have as to the history of your family or tribe. Have fun!

Follow the directions below to complete your family tree.

1. Contact your probation officer and request an electronic copy of “My Family Book”.
2. Contact all necessary family and friends in order to get all relevant information needed to complete your project.
3. Fill in all the areas on the family tree template that pertain to you and your family including information and pictures.
4. Try to list at least five positive characteristics of all your family members back to your Great-Grandparents. (all the sections are already created for you to fill in)
5. Be ready to complete your project by presenting your family tree during Week 21 at your WMDCP Hearing.
6. Remember to focus on the positive! This is meant to help you discover your strengths and some possible direction.

This is a brief summary of the contents of your family tree.

### *About my family*

Family Tree, Family Story, Father’s Story, Mother’s Story, My Parents Relationship, My Brothers and Sisters, Medical History, Family Traditions, Military Service, Heirlooms

### *Special events: the complete story*

Family Gatherings and Reunions, Vacations, Weddings, Religious Events

### *Photographs*

Photos of Myself, Photos of My Family, Photos of Ancestors, Other Photos

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

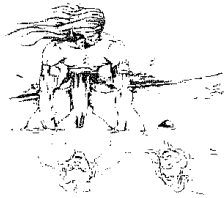
2.

Important Thoughts:

## Week 21 - Family Tree Presentation

### Week-to-Week Workbook Assignments

- ☐ Complete “**Step Four Circle**” exercise.
- ☐ Complete your “**Family Tree Presentation**”
- ☐ Complete **Weekly Counseling Journal**.
- ☐ Complete **Weekly Sit Spot Journal**.



## STEP FOUR

Facing the South  
"FINDING YOURSELF"  
(Resentment inventory)

We stopped and thought about our strengths and our weaknesses and thought about ourselves.

Principle: Courage

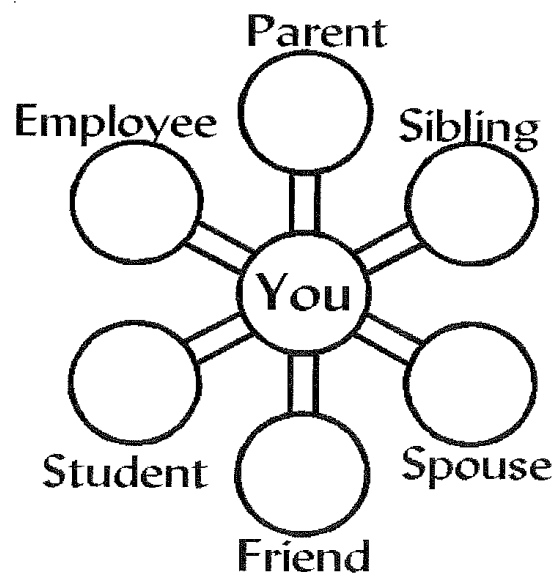
Reading

Big Book: pps: 63 to 71

RRWB: Chapter 7, pps. 68-81; Stories, pps. 181-192

In the circles below, rate yourself, from 1 to 10 according to how you see your own strength in each of the six areas. In the center circle, rate yourself.

1	5	10
needs improving	average	no improvement needed





# Family Tree Presentation

## Complete the following

1. Make sure your assigned Family Tree template is complete with all areas filled in.
2. Go over your Family Tree with your counselor.
3. Prepare to make a brief presentation of your Family Tree at your next WMDCP hearing!

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 22 - Step Four, Part One

**“Made a searching and fearless moral inventory of ourselves”**

### Week-to-Week Workbook Assignments

- ☐ Read pgs. 63-70 in the AA Big Book
- ☐ Read pgs 68-81 in RRWB
- ☐ Watch “Taking Inventory – People, Places and Institutions, Fear Inventory, Sex Inventory and Step 5” on Wellbriety DVD#5 and answer questions on “Red Road to Wellbriety” section.
- ☐ Complete “Reading Essays” exercise.
- ☐ Complete Weekly Counseling Journal.
- ☐ Complete Weekly Sit Spot Journal.

## Red Road to Wellbriety

Watch “Taking Inventory – People, Places and Institutions, Fear Inventory, Sex Inventory and Step 5” on Wellbriety DVD#5 and answer the following questions.

1. Did any fears or anxiety rise as you watched this DVD?
2. Summarize the process of taking step 4 in your own words.
3. What fears must you overcome to be able to complete step four? Step five?

## **Reading Essays**

**How did you relate to the following readings?**

1. pgs. 63-70 in the AA Big Book
2. pgs 68-81 in RRWB

**Answer the following questions.**

3. Have you ever led a “double life,” looking good on the outside while full of shame about your addiction inside?
4. Does pride tell you that you don’t need an inventory? Have you ever told yourself that others who are in more dire straits than you are the ones that really need it?

**What new insight did you gain from the following readings?**

1. pgs. 63-70 in the AA Big Book
2. pgs 68-81 in RRWB

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 23 - Step Four, Part Two

**“Made a searching and fearless moral inventory of ourselves”**

### Week-to-Week Workbook Assignments

- ☐ Read pgs. 63-65 in the AA Big Book.
- ☐ Go over **Fourth Step Inventory: Resentments** with Sponsor.
- ☐ Complete **Fourth Step Inventory: Resentments** exercise.
- ☐ Complete **Weekly Counseling Journal**
- ☐ Complete **Weekly Sit Spot Journal**

## FOURTH STEP INVENTORY

### Introduction to the 4th Step Inventory Workshop

#### WHAT IS THE PURPOSE OF THE 12 STEPS?

1. To help us discover and establish a conscious relationship with a Power greater than ourselves.
2. To help us improve our conscious relationship with a Power greater than ourselves.
3. To produce the personality change necessary for our recovery.
4. To provide a design for living - that can help us be happy, comfortable, and at ease, living an enjoyable life of purpose, with peace and harmony with ourselves, with others, and with God *as we understand Him*, growing in understanding and effectiveness, serving and helping others - without the use of alcohol or other drugs.

The precise instructions for taking the 12 Steps is contained in the book, *Alcoholics Anonymous*.

"To show other alcoholics *precisely how we have recovered* is the main purpose of this book."  
-- From the Forward to the First Edition of the book, *Alcoholics Anonymous*

There is much more to life than being physically sober. There is much more to sobriety than having the obsession for alcohol removed. Sober isn't much fun - unless we can learn to be happy and sober. To be happy and sober requires emotional sobriety. The Fourth Step is our first action step towards physical and emotional sobriety.

We are in a process to recreate our lives. We made a decision to give up *our old plans for living* and to try A.A.'s 12 Step Plan for Living. The Fourth Step is our first action step. It is here that we know whether or not we really took Steps 1, 2 and 3.

Step Four is a fact-finding and fact-facing process. We are searching for "causes and conditions." We want to uncover the truth about ourselves. We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the behavior patterns - that have been blocking us, causing us problems and causing our failure. We want to learn the exact nature our "character defects" and what causes us to do the unacceptable things we do - so that once they are removed - we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our highest good, and for the highest good of those with whom we come in contact. This prepares us to live a life of purpose - where we can be in maximum fit condition to be of service to others. And, by taking inventory and learning the exact nature of our wrongs - we will be able to recognize when we might be slipping into our old way of life - and headed for new problems, and possibly relapse.

If you doubt that you have any problems -- just think back to the last time that you felt restless, irritable and discontented. Remember when you got angry - with your self or with another person. Remember the last time you were disturbed. Remember the last time you had a problem or troubles. The last time you felt uncomfortable and not at ease in a situation. What was it? Whom was it with? What happened?

Everything contained in the Fourth Step Inventory Worksheets is directly from the book - *Alcoholics Anonymous*. The worksheets were created by using the precise instructions in the Big Book to make taking the Fourth Step as easy and simple as possible. All page numbers in this Fourth Step Inventory Workshop, refer to the third edition of the book - *Alcoholics Anonymous*. If you are using the fourth edition -- make sure you are on the correct page.

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#### FOURTH STEP INVENTORY INSTRUCTIONS

Note: I suggest that you take this step with a qualified sponsor. A qualified sponsor – is someone who has taken ALL 12 Steps precisely following the directions as they are defined and described in the Big Book – Alcoholics Anonymous. IT IS NOT ADVISABLE TO DO THIS STEP ALONE. Be sure your Sponsor is present and leading you through this Step as you take it. (That's one of the reasons that we have sponsors! And, it is your sponsors job to lead you through this Step)

1. Be sure that you have taken Steps One, Two and Three.
3. If you are using the forms that I provided to you, or if you're not using the forms, remember: The columns go from TOP to BOTTOM. Not straight across. Example: Column 1, (left column) list all the names, people, principles, things, etcetera, that go in this first column, top to bottom. DO NOT move to the second column until column 1 is complete. Then, when you do column 2, go top to bottom, not straight across, until you have completed column 2. Do the same with each successive column. Top to Bottom. Not straight across
4. Read page 58 through 63 of the Big Book (up to the last paragraph). Note each place you see the word "self" and "selves" and the compounds of those words. (Example "self-seeking, self-reliance" etcetera).
5. There are four parts to your Inventory. They are to be taken in the precise order as numbered below:
 

1. Resentments	2. Fears	3. Sex Conduct	4. Harms To Others
----------------	----------	----------------	--------------------
6. Now, read page 63 (starting with the last paragraph) - through page 71 of the Big Book.
7. Complete the four different Inventory sheets that have been provided to you. Follow the instructions on each of the sheets. Use additional copies of the sheets when necessary. DO NOT complete the columns left to right -- they should be completed from TOP to BOTTOM in each column, before going to the next column.
8. Refer to the "Prompt Sheets" to jog your memory -- if you get stuck.
9. Ask questions if you are unsure of anything! Prepare for a long talk with your sponsor.
10. In this Fourth Step Inventory we are searching for our grosser handicaps. Personal inventories will become part of a life-long process. Later, in our Tenth Step Inventories, our objectives are not only to keep our "house clean and in order" -- correcting mistakes and errors when they occur -- but also to grow in understanding and effectiveness. At that point many of us find it interesting to discover in greater depth a knowledge and understanding of ourselves, our instincts, impulses and drives. In our Daily 10th & 11th Steps, we will begin to look at the "Assets and Liabilities" in our lives which will provide a simple "Design for Living" that we'll use to "Recreate our lives."

Naturally, there will come to mind additional things that you will feel that you should have included in your Fourth Step, that were left out. Don't worry about it. If you take these Steps as they have been layed out, and you have been thorough to the best of your ability at the time that you took them -- you will have plenty of time later on to revisit the Fourth Step, using the 10th Step Inventories. And, you'll be able to do it SOBER!!!

You are learning to use our "Spiritual Tools" for the first time. You will use them daily (hopefully) for the rest of your life..... as you trudge the road of happy destiny, with a new peace, serenity, attitude, and new outlook on life!

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**4th Step Notes, Definitions and Instructions -- continued.**

**Self Esteem** - How I think of myself

**Pride** - How I think others view me

**Pocketbook** - Basic desire for money, property, possessions, etc.

**Personal Relations** - Our relations with other people.

**Emotional Security** - General sense of emotional well being

**Sex Relations** - Basic drive for sexual intimacy

**Selfish, self-centered, egotistical** - "It's about me!"

**Ambitions** - Our goals, plans and designs for the future. Ambition deals with the things that *we want*. In examining our ambitions we notice that we have the following types:

**Emotional ambitions.** Our ambitions for Emotional Security. Our "feelings".

**Material ambitions** - Our ambitions for "Our pocketbook." Our ambitions towards physical and financial well-being.

**Social ambitions** - Our "place or position in the herd." Our ambitions of how others view us. Our ambitions towards what people think about us.

**Sexual ambitions** - Refers to ambitions for sex relations. Does this really need a definition?

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**FOURTH STEP INVENTORY: RESENTMENTS**  
© 1987 - 2005 www.Step12.com, from 4th Step Workshop with Dallas B. Last updated 7/06/05  
Read from bottom of page 63 through 65 of the Big Book before beginning.

1. Column 1: Page 64: "In dealing with resentments, we set them on paper. We listed people, institutions or principles with whom we were angry." (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4 until column 1 has been completed.)
2. Column 2: Page 64: "We asked ourselves why we were angry." (Complete column 2 from top to bottom. Do nothing with column 3 & 4 until column 2 has been completed.)
3. Column 3: Page 65: "On our grudge list we set opposite each name our injuries. Was it our self-esteem, our security, our ambitions, or sex relations, which had been interfered with?" (Complete each column within column 3 from top to bottom. Starting with Self-Esteem and finishing with Sex Relations. Do nothing with column 4 until column 3 has been completed.)
4. Column 4: Page 67: "Referring to our list again, Putting out of our minds the wrongs others had done, we resolutely looked for our own mistakes. Where had we been selfish, dishonest, self-seeking and frightened? Though a situation had not been entirely our fault, we tried to disregard the other person involved entirely. Where were we to blame? The inventory was ours, not the other man's."

I'm resentful at:	The Cause  Why am I angry?	What part of self was hurt or threatened?							Where was I to blame?				
		Self Esteem	Pride	Emotional Security	Pocketbook	Ambitions	Personal Relations	Sex Relations	Selfish	Dishonest	Self-seeking	Frightened	Inconsiderate
List the names of people Institutions or principles with whom we were angry.													

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 24 - Step Four, Part Three

**“Made a searching and fearless moral inventory of ourselves”**

### Week-to-Week Workbook Assignments

- ☐ Read **pgs. 67-68 in the AA Big Book.**
- ☐ Go over **Fourth Step Inventory: Fears** with Sponsor.
- ☐ Complete **Fourth Step Inventory: Fears** exercise.
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**4th Step Notes, Definitions and Instructions – continued.**

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**Pride** - How I think others view me

**Pocketbook** - Basic desire for money, property, possessions, etc.

**Personal Relations** - Our relations with other people.

**Emotional Security** - General sense of emotional well being

**Sex Relations** - Basic drive for sexual intimacy

**Selfish, self-centered, egotistical** - "It's about me!"

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**FOURTH STEP INVENTORY: FEARS** Copies available at [www.Step12.com](http://www.Step12.com) or from Dallas B. (479) 522-4391 © 1987 - 2005 Step12.com - Updated: 7/05/05  
Read from bottom of page 67 through 68 of the Big Book before beginning.

1. Column 1: Page 68: "We reviewed our fears thoroughly. We put them on paper, even though we had no resentment in connection with them." (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, until column 1 has been completed.)
2. Column 2: Page 68: "We asked ourselves why we had them." (Complete column 2 from top to bottom. Do nothing with column 3, 4, & 5, until column 2 has been completed.)
3. Column 3: Page 68: "Wasn't it because self-reliance failed us? Self-reliance was good as far as it went, but it didn't go far enough. Some of us once had great self-confidence, but it didn't fully solve the fear problem, or any other. When it made us cocky, it was worse." (Complete each column within column 3 from top to bottom. Do nothing with column 4 until column 3 has been completed.)
4. Column 4: What part of self does the fear affect? (Complete each column within column 4.)
5. Column 5: Page 68: "We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear."

What Am I Afraid Of?	Why do I have the fear?	Which Part of Self Have I Been Relying On Which Has Failed me?	What Part of Self Does The Fear Affect?	We ask for the fear to be removed
List the names of people, institutions, principles or anything else that you fear.	Why am I afraid?	Self-reliance Self-confidence Self-discipline Self-will	Self Esteem Pride Emotional Security Pocketbook Ambitions Personal Relations Sex Relations	<p>"Perhaps there is a better way- we think so. For we are now on a different basis; the basis of trusting and relying upon God. We trust infinite God rather than our finite selves. We are in the world to play the role He assigns. Just to the extent that we do as we think He would have us, and humbly rely on Him, does He enable us to match calamity with serenity. We never apologize to anyone for depending upon our Creator. We can laugh at those who think spiritually the way of weakness. Paradoxically, it is the way of strength. The verdict of the ages is that faith means courage. All men of faith have courage. They trust their God. We never apologize for God. Instead we let Him demonstrate, through us, what He can do. We ask Him to remove our fear and direct our attention to what He would have us be. At once, we commence to outgrow fear."</p> <p><b>Fear Prayer:</b> "God, please remove my fear of _____ and direct my attention towards what you would have me to be."</p>

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 25 - Step Four, Part Four

**“Made a searching and fearless moral inventory of ourselves”**

### Week-to-Week Workbook Assignments

- ☐ Read **pgs. 70 & 72-75 in the AA Big Book.**
- ☐ Read **pgs. 45-60 in RRWB.**
- ☐ Go over **Fourth Step Inventory: People We Have Harmed** with Sponsor.
- ☐ Complete **Fourth Step Inventory: People We Have Harmed** exercise.
- ☐ Complete **Weekly Counseling Journal**
- ☐ Complete **Weekly Sit Spot Journal**

## FOURTH STEP INVENTORY

### Introduction to the 4th Step Inventory Workshop

#### WHAT IS THE PURPOSE OF THE 12 STEPS?

1. To help us discover and establish a conscious relationship with a Power greater than ourselves.
2. To help us improve our conscious relationship with a Power greater than ourselves.
3. To produce the personality change necessary for our recovery.
4. To provide a design for living - that can help us be happy, comfortable, and at ease, living an enjoyable life of purpose, with peace and harmony with ourselves, with others, and with God *as we understand Him*, growing in understanding and effectiveness, serving and helping others - without the use of alcohol or other drugs.

The precise instructions for taking the 12 Steps is contained in the book, *Alcoholics Anonymous*.

*"To show other alcoholics precisely how we have recovered is the main purpose of this book."*

*-- From the Forward to the First Edition of the book, Alcoholics Anonymous*

There is much more to life than being physically sober. There is much more to sobriety than having the obsession for alcohol removed. Sober isn't much fun - unless we can learn to be happy and sober. To be happy and sober requires emotional sobriety. The Fourth Step is our first action step towards physical and emotional sobriety.

We are in a process to recreate our lives. We made a decision to give up *our old plans for living* and to try A.A.'s 12 Step Plan for Living. The Fourth Step is our first action step. It is here that we know whether or not we really took Steps 1, 2 and 3.

Step Four is a fact-finding and fact-facing process. We are searching for "causes and conditions." We want to uncover the truth about ourselves. We want to discover the attitudes, thoughts, beliefs, fears, actions, behaviors, and the behavior patterns - that have been blocking us, causing us problems and causing our failure. We want to learn the exact nature of our "character defects" and what causes us to do the unacceptable things we do - so that once they are removed - we can acquire and live with new attitudes, thoughts, beliefs, actions and behaviors for our highest good, and for the highest good of those with whom we come in contact. This prepares us to live a life of purpose - where we can be in maximum fit condition to be of service to others. And, by taking inventory and learning the exact nature of our wrongs - we will be able to recognize when we might be slipping into our old way of life - and headed for new problems, and possibly relapse.

If you doubt that you have any problems -- just think back to the last time that you felt restless, irritable and discontented. Remember when you got angry - with your self or with another person. Remember the last time you were disturbed. Remember the last time you had a problem or troubles. The last time you felt uncomfortable and not at ease in a situation. What was it? Whom was it with? What happened?

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### FOURTH STEP INVENTORY INSTRUCTIONS

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1. Be sure that you have taken Steps One, Two and Three.
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4. Read page 58 through 63 of the Big Book (up to the last paragraph). Note each place you see the word "self" and "selves" and the compounds of those words. (Example "self-seeking, self-reliance" etcetera).
5. There are four parts to your Inventory. They are to be taken in the precise order as numbered below:
 

1. Resentments	2. Fears	3. Sex Conduct	4. Harms To Others
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6. Now, read page 63 (starting with the last paragraph) - through page 71 of the Big Book.
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**FOURTH STEP INVENTORY: PEOPLE WE HAVE HARMED** © 1987 - 2005 www.Step12.com - From: 4th Step Workshop with Dallas B. Last update: 7/06/05

**BE SURE TO do this page just like the other inventory pages. One column at a time, top to bottom – NOT straight across**

Big Book, page 70, paragraph 3 "We have listed the people we have hurt by our conduct, and are willing to straighten out the past if we can."

Note 1: -- On those pages 58-63, you'll find examples of attitudes and defects that cause us to fail in our relationships and often fuel self-seeking conduct that harms others.

Note 2: "Time after time newcomers have tried to keep to themselves certain facts about their lives. Trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they got drunk. Having persevered with the rest of the program, they wondered why they fell. We think the reason is that they never completed their housecleaning. They look inventory all right, but hung on to some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves.

... Coming to his senses, he is revolted at certain episodes he vaguely remembers. These memories are a nightmare. He trembles to think someone might have observed him. As fast as he can, he pushes these memories far inside himself. He hopes they will never see the light of day. He is under constant fear and tension that makes for more drinking." Page 73 -- Alcoholics Anonymous

Who Did I Harm?	What did I do - or fail to do?	Which part of self caused the harm?	What is the nature of my wrongs, faults, mistakes, defects?	What should I have done instead?
Who was harmed by my conduct?	What did I do - or, failed to do that caused the harm?	Self-will	Selfish	
		Self Esteem - Ego	Self-seeking	
		Emotional Security	Dishonest	
		Pocketbook - Material Security	Inconsiderate	
		Pride - Defiance - Independence	Freightend / Fear	
		Self-pity	Lack of Self-discipline / Self-control	
		Self-reliance	Playing God - Trying to control others.	
		Personal Relationships	Self-centered-ego-centric	
		Social Ambitions		
		Sexual Ambitions		
		Financial Ambitions		

## Week 26 - Step Five

**“Admitted to God, to ourselves, and to another human being  
the exact nature of our wrongs.”**

### Week-to-Week Workbook Assignments

- ☐ Read **pgs. 68-70 in the AA Big Book.**
- ☐ Go over **Fourth Step Inventory: Sex Conduct** with Sponsor.
- ☐ Complete **Fourth Step Inventory: Sex Conduct** exercise.
- ☐ Start your **All Day Fire** and take **Step 5** with sponsor.
- ☐ Do **Step Five with Sponsor.**
- ☐ Complete **Step Five Journal** exercise.
- ☐ Complete **Weekly Sit Spot Journal**



## FOURTH STEP INVENTORY

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**4th Step Notes, Definitions and Instructions -- continued.**

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**FOURTH STEP INVENTORY: SEX CONDUCT**

- Read from bottom of page 68 through 70 of the Big Book before beginning.

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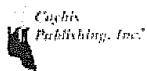
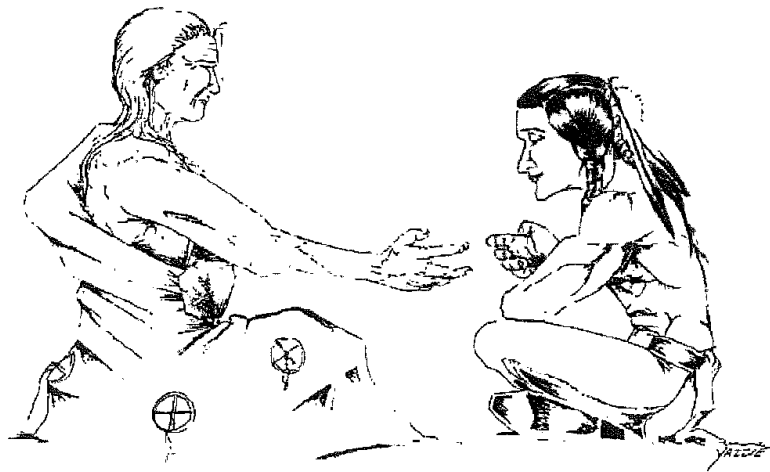
1. Column 1: "We reviewed our own conduct over the years past." (Complete column 1 from top to bottom. Do nothing with column 2, 3, 4, 5, 6, until column 1 has been completed.)
2. Column 2: "We did we do?" (Complete column 2 from top to bottom. Do nothing with column 3, 4, 5, 6, until column 2 has been completed.)
3. Column 3: "We list the exact nature of our shortcomings." (Complete column 3 from top to bottom. Do nothing with column 4, 5, 6, until column 3 has been completed.)
4. Column 4: Did we unjustifiably arouse jealousy, suspicion or bitterness? (Complete column 4 from top to bottom. Do nothing with column 5, 6, until column 4 has been completed.)
5. Column 5: "Who did I harm?" (Complete column 5 from top to bottom. Do nothing with column 6, until column 5 has been completed.)
6. Column 6: "What should I have done instead?" (Complete column 6 from top to bottom.)

Who Was It?	What did we do?	What is the exact nature of my wrongs, faults, mistakes, defects, shortcomings.	Did I unjustifiably arouse:	Who Did I Harm?	What should I have done instead?
We list the people with whom we have experienced sexual conduct.	We ask ourselves what we did	Was I Selfish?	Was I Dishonest?	Who was harmed?	"We asked God to mold our ideals and help us to live up to them. We remembered always that our sex powers were God-given and therefore good, neither to be used lightly or selfishly nor to be despised and loathed." Page 69 "To sum up about sex: We earnestly pray for the right ideal, for guidance in each questionable situation, for sanity, and for the strength to do the right thing." Page 70
			Was I Inconsiderate?		
			Was I Self-seeking?		
			Was this relationship selfish?		
			Jealousy?		
			Bitterness?		
			Suspicion?		



## STEP FIVE

We admitted to the Great Spirit, to ourselves and to another person the things we thought were wrong about ourselves



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## Instructions on Sunset Fire

1. Make an appointment with an elder or your sponsor to sit with you during your meditation. Offer him/her tobacco when you request his/her help.
2. Choose a private spot to have your meditation.
3. Start Fire with the tools that you earned (Flint, Steel, Birch bark).
4. Use the time to reflect on your experience in the WMDCP.
5. When questions arise, offer tobacco to the elder for advice.

## Take Step Five With Sponsor

It is difficult to discuss our secrets and character defects with another person. You may think that you've done enough by admitting things to yourself. That is not the case and many of us have decided to go much further. It is very uncommon for a person to be able to give an accurate self-appraisal without the help of another person. In fact, if you do skip this vital step there is a good chance you will not recover from your addictions. Many newcomers have tried to recover without revealing certain facts about their life. By trying to avoid this humbling experience, they have turned to easier methods. Almost invariably they end up back in the depths of their addiction. Having done everything else that the Program called for they wonder why they fell. We believe the reason is they never completed their housecleaning. They may have completed an inventory but they kept secret some of the worst items in stock. They only thought they had lost their egoism and fear; they only thought they had humbled themselves. No doubt, the ones who tried this easier and softer way didn't learn enough about humility, fearlessness and honesty. Not until we completely surrender to the idea of telling our entire life story will we be completely free from the bondage of our regrets. We are only as sick as our secrets.

Take time to reflect on this opportunity for healing and growth. This is a very difficult step but you have people all around you that support you in your step work. Take a chance and trust your sponsor. Take Step Five and be free to move forward with your recovery. Be courageous by sharing everything! You won't regret it.

## All Day Fire and Step Five Journal

Date:

What did you learn about yourself during Step Five with your Sponsor?

Do you feel free of some of the things you held on to for so long?

In what areas do you feel you have grown as a result of Step Five? Explain.

What will you always remember about your Step Five?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 27 - Step Six

**“Were entirely ready to have God remove all these defects of character.”**

### Week-to-Week Workbook Assignments

- ☐ Read **pgs. 75 & 76 in the AA Big Book.**
- ☐ Read **Ch. 6 in RRWB.**
- ☐ Watch **“Step 6&7” on Wellbriety DVD #5** and answer questions on **“Red Road to Wellbriety”** section.
- ☐ Complete **“Step Six”** exercise.
- ☐ Complete **Weekly Counseling Journal**
- ☐ Complete **Weekly Sit Spot Journal**



## **Red Road to Wellbriety**

Watch “Step 6&7” on DVD#5 and answer the following questions.

3. Explain the “Self Talk Cycle” in your own words.
  
  
  
  
  
  
  
  
  
  
4. When you visualized your character defects being removed, how was your life different?
  
  
  
  
  
  
  
  
  
  
5. Was it difficult to let go of your character defects and turn them over to your Higher Power?

## STEP SIX

### Facing the South

#### *"FINDING YOURSELF"*

(Self Talk Cycle)

The self-talk cycle is the constant conversation we have with ourselves about what is happening to us and around us. However, we don't store and record the "truth" we store and record the "truth" as we see it, So if we decide to change or grow, this self-image becomes our major barrier to change.

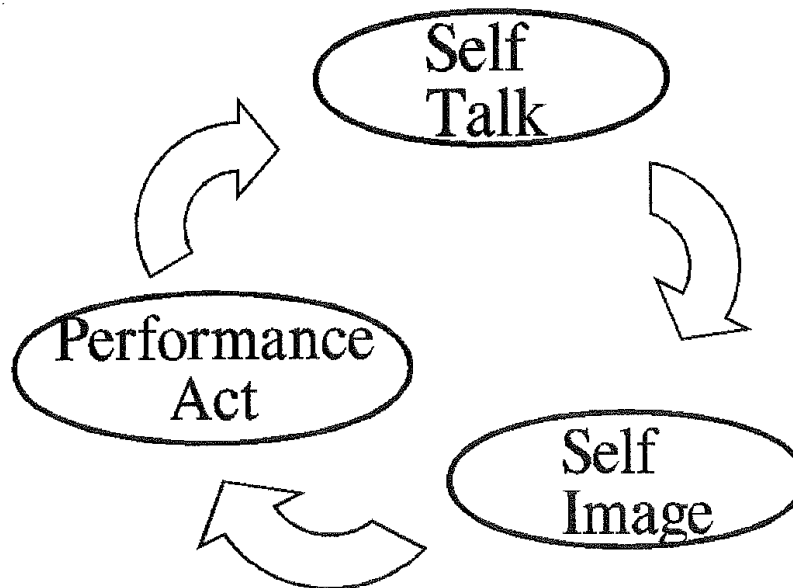
Then when we make mistakes, as we all do, we don't stop there. We continue to beat ourselves with our self-talk about the mistake, which makes that cycle even stronger next time.

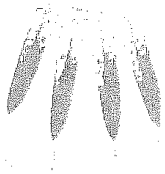
Three basic principles that apply to our self-talk cycle:

As I think, I am

We move toward and become like that which we think about

My present thoughts determine my future

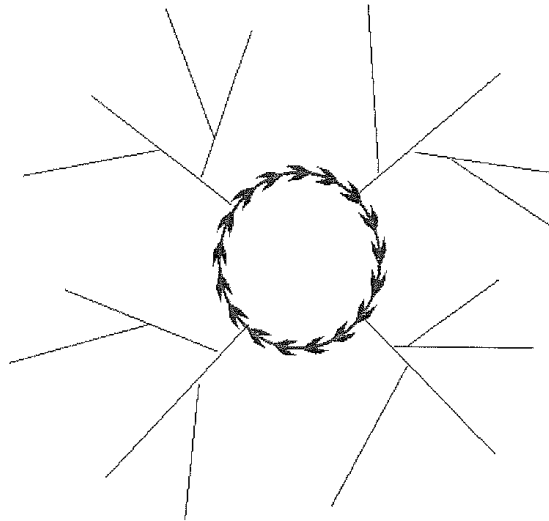
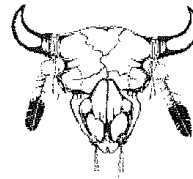
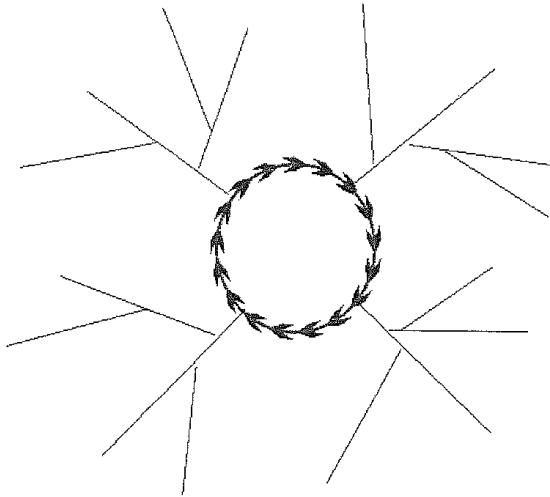


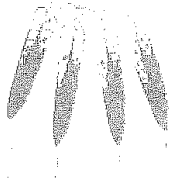


**STEP SIX**  
Facing the South  
*"Finding Yourself"*  
(Mind mapping)

**Vision for character defects**

For each major defect map out a description of what life would look like if you did not have the problem.

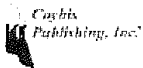
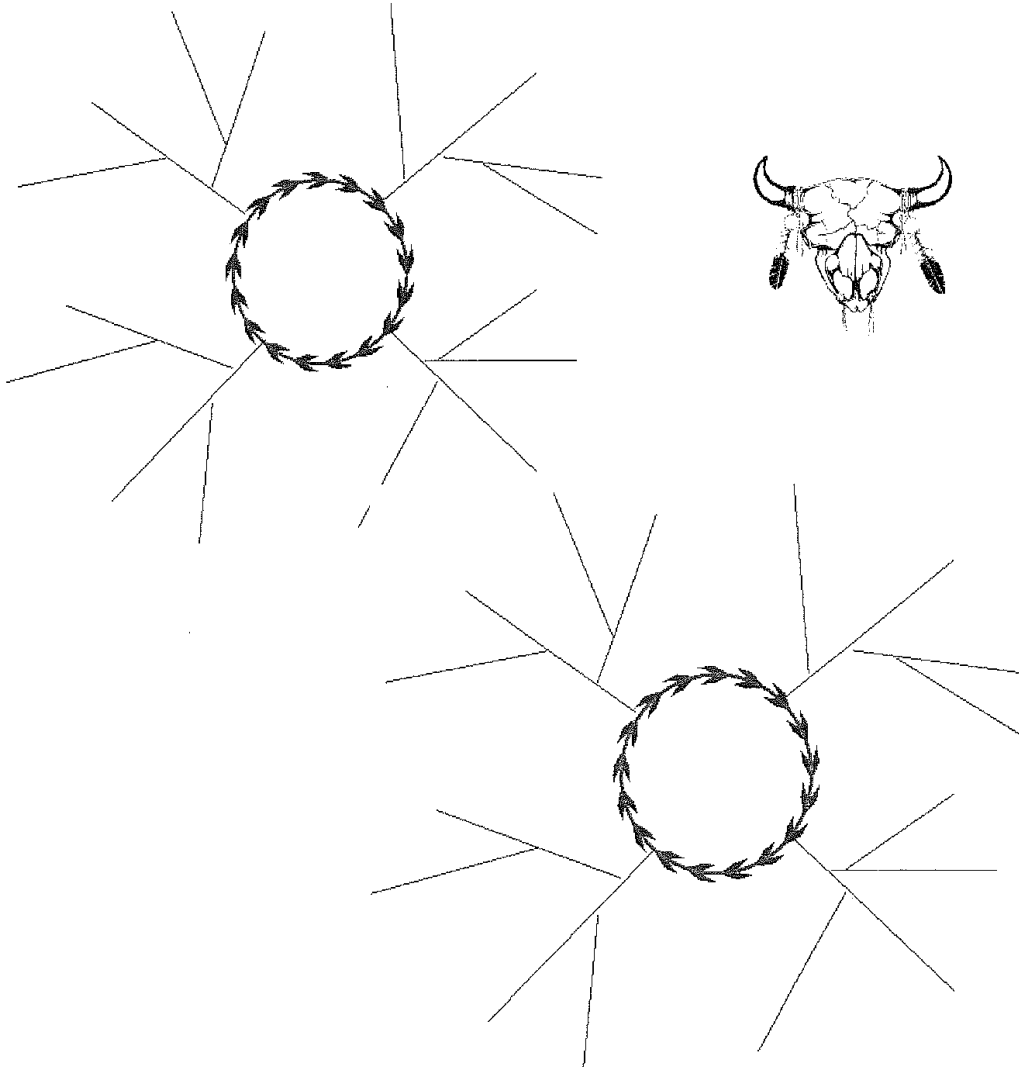




**STEP SIX**  
Facing the South  
*"Finding Yourself"*  
(Mind mapping)

**Vision for character defects**

For each major defect map out a description of what life would look like if you did not have the problem.



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## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 28 - Step Seven

**“Humbly asked Him to remove our shortcomings”**

### Week-to-Week Workbook Assignments

- ☐ Read **pg. 76 in the AA Big Book**
- ☐ Read **Ch. 8 & stories on pgs 220-245 in RRWB.**
- ☐ Complete **“Step Seven”** exercise.
- ☐ Complete **“Reading Essays”** exercise.
- ☐ Complete **Weekly Counseling Journal.**
- ☐ Complete **Weekly Sit Spot Journal.**



## STEP SEVEN

We humbly ask a Higher Power and  
our friends to help us change.



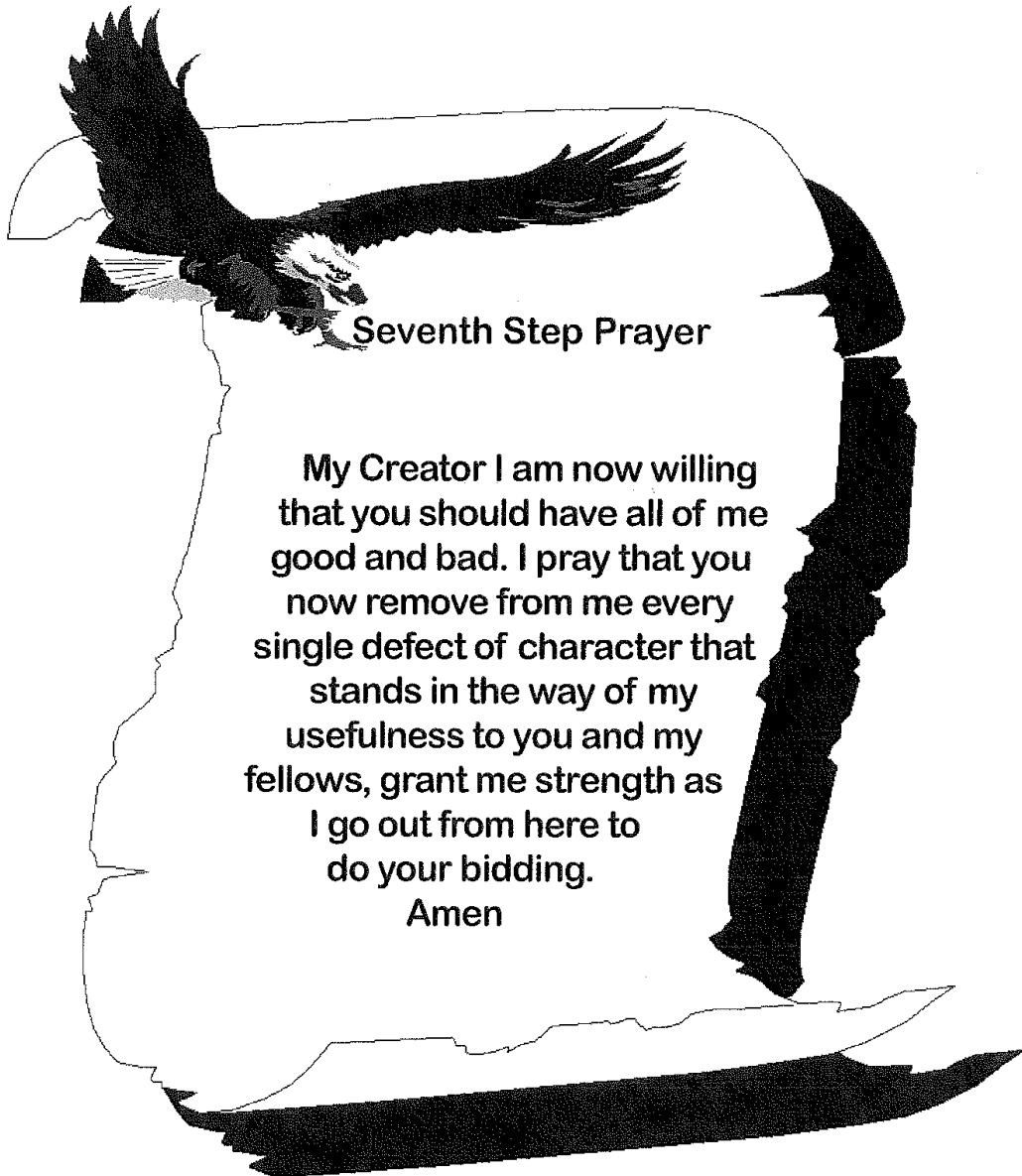
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**STEP SEVEN**

Facing the West

***"FINDING YOUR RELATIONSHIP WITH OTHERS"*****Seventh Step Prayer**

**My Creator I am now willing  
that you should have all of me  
good and bad. I pray that you  
now remove from me every  
single defect of character that  
stands in the way of my  
usefulness to you and my  
fellows, grant me strength as  
I go out from here to  
do your bidding.  
Amen**



## **Reading Essays**

**How did you relate to the following readings?**

1. pg. 76 in the AA Big Book
2. Ch. 8 & stories on pgs 220-245 in RRWB

**Answer the following questions.**

3. Have you developed enough humility from your experiences in addiction to see that you need to let your Higher Power work in your heart? Is there any doubt that self-reliance has kept your Higher Power out?
4. Describe the difference between humiliation and humility.

**What new insight did you gain from the following readings?**

1. pg. 76 in the AA Big Book
2. Ch. 8 & stories on pgs 220-245 in RRWB

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 29 – What is Sobriety Maintenance?

### Week-to-Week Workbook Assignments

- ☐ Read “**Sobriety Maintenance: “The Maintenance Steps”**”
- ☐ Complete “**Reading Essays**” exercise.
- ☐ Complete **Weekly Counseling Journal**
- ☐ Complete **Weekly Sit Spot Journal**

## Sobriety Maintenance: “The Maintenance Steps”

Take time to read these commentaries on the “Maintenance Steps”.

### Step 10

*Continued to take personal inventory and when we were wrong promptly admitted it*

#### How It Works

*This thought brings us to Step Ten, which suggests we continue to take personal inventory and continue to set right any new mistakes as we go along. We vigorously commenced this way of living as we cleaned up the past. We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for our lifetime. Continue to watch for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God at once to remove them. We discuss them with someone immediately and make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is our code.*

*-A.A. Big Book p.84*

#### Comments from Web Sites and Publications

*Step 10 begins laying the foundation for the rest of my life. It is a pledge to continually monitor my life with honesty and humility. It requires me to be vigilant against my addictive behavior and against the triggers for my addictive behavior. It requires me to be humble before my God who can keep me from my addictive behavior if I have the right attitude. It requires me to deal with my defects promptly when they arise and not to let them linger in my life.*

*- From 12Step.org*

*The emphasis on inventory is heavy only because a great many of us have never really acquired the habit of accurate self-appraisal. Once this healthy practice has been groomed, it will be so interesting and profitable that the time it takes won't be missed. For these minutes and sometimes hours spent in self-examination are bound to make all the other hours of our day better and happier. And at length our inventories become a regular part of everyday living, rather than unusual or set apart.*

*- Twelve Steps and Twelve Traditions, p. 89-90*

*The Tenth Step can be a pressure relief valve. We work this step while the day's ups and downs are still fresh in our minds. We list what we have done and try not to rationalize our actions. This may be done in writing at the end of the day. The first thing we do is stop! Then we take the time to allow ourselves the privilege of thinking. We examine our actions, our reactions, and our motives. We often find that we've been "doing" better than we've been "feeling". This allows us to find out where we have gone wrong and admit fault before things get any worse. We need to avoid rationalizing. We promptly admit our faults, not explain them.*

*We work this step continuously. This is a prevention, and the more we do it, the less we will need the corrective part of this step. This is really a great tool. It gives us a way of avoiding grief before we bring it on ourselves. We monitor our feelings, our emotions, our fantasies, and our actions. By constantly looking at these things we may be able to avoid repeating the actions that make us feel bad.*

*- Narcotics Anonymous Basic Text, Chapter 4/Step 10*

*Steps 10, 11, and 12 are sometimes called the maintenance steps. They repeat many of the points outlined in previous steps, but they emphasize the value of continuing to "work the steps" on a day-to-day basis.*

*Step 10 encourages the taking of a personal inventory, which, for recovering persons, should be a daily process...*

*Our daily inventory certainly needs to assess the status of our relationship with God. Are we still yielding our will to Him? Bill Wilson emphasized how crucial this evaluation is, especially for addictive personalities, which tend to be willful. Our need to surrender ourselves to God on a daily basis will go on throughout our lives, and we shall explore the means of that continuing spiritual surrender in Step 11.*

*- Serenity, A Companion for Twelve Step Recovery, p. 67, 69*

*Step Ten is a spiritual pocket computer to help us keep tabs on our behavior today and a cleanser to help keep our spiritual lenses clean. In this method of keeping an inventory every day, we ask ourselves questions like, Which of my character defects popped up as uninvited guests today? Am I using the tools of the program? Am I praying? Am I thanking God for all the good things he has done for me this day, and for any positive things he's freed me to do? ...*

*The reason this is so important is that the Sin-disease, which its denial and delusion, is always hovering "just a decision away" to throw us back into fear and confusion. Its tactics are to convince us in various ways, "You're well now and don't need a stupid program to lead a normal life. You can*

*and should operate on your own as a mature adult." The disease's "strategy" often works like this: When we begin to feel a little secure and happy and our relationships are more comfortable, many of us "forget" to have our quiet time. We forget to go to meetings and don't call our sponsor. We're busy again, because the pain that drove us into the program has been alleviated. This is a dangerous place to be, because it is one of the major delusions of the spiritual life that we can "do it ourselves" without daily contact with God and a daily look at the reality of what is going on in our own lives.*

*- A Hunger for Healing, by Keith Miller, p. 164*

## Step 11

*Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out*

### How It Works

*Step 11 suggests prayer and meditation. We shouldn't be shy in this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it.*

*-A.A. Big Book p.85-86*

### Comments from Web Sites and Publications

*Step 11 is my continual reality check and compass. It keeps me grounded in the reality that I know has brought me out of my addictive behaviors. It keeps me in a safe place by keeping my conscious contact with God. Through prayer and meditation I maintain this conscious contact with God and continually try to carry out what God leads me to do. In that path, I find the sanity, serenity and joy that I have been seeking.*

*- From 12Step.org*

*Those of us who have come to make regular use of prayer would no more do without it than we would refuse air, food or sunshine. And for the same reason. When we refuse air, light or food the body suffers. And when we turn away from meditation and prayer, we likewise deprive our minds, our emotions and our intuitions of vitally needed support. As the body can fail its purpose for lack of nourishment, so can the soul. We all need the light of God's reality, the nourishment of His strength,*

*and the atmosphere of His grace. To an amazing extent the facts of A.A. life confirm this ageless truth.*

*- Twelve Steps and Twelve Traditions, p. 97-98*

*When we first come to the Program, we usually express a lot of things which seem to be important wants and needs. As we grow spiritually and find out about a Power greater than ourselves, we begin to realize that as long as our spiritual needs are truly met, our living problems are reduced to a point of comfort. When we forget where our real strength lies, we quickly become subject to the same patterns of thinking and action that got us to the Program in the first place. We eventually redefine our beliefs and understanding to the point where we see that our greatest need is for knowledge of God's will for us and the strength to carry that out. We are able to set aside some of our personal preference, if necessary, to do this because we learn that God's will consists of the very things we care most about. God's will for us becomes our own true will for ourselves. This happens in an intuitive manner which cannot be adequately explained in words.*

*We become willing to let other people be what they are without having to pass judgment on them. The urgency to take care of things isn't there anymore. We couldn't comprehend acceptance in the beginning-now we can.*

*- Narcotics Anonymous Basic Text, Chapter 4/Step 11*

*Step 11 provides daily spiritual maintenance. As recovering persons, we may use our support groups and recovery literature as springboards toward spiritual and emotional growth. We will probably reach a level, though, at which we hunger for an even deeper contact and communication with God...*

*If we have had little or no experience with prayer, we should probably begin in a simple fashion. That means putting aside perfectionistic concerns about praying "the right way." We should pray simply and forthrightly to God as a loving Father, not worrying about what we should and should not say.*

*Over time, as we become comfortable with God, we will talk with Him as with a trusted friend. He will be the Person with whom we can conduct our daily inventories of grief and confession issues. And we will begin to sense His answers to our prayers...*

*- Serenity, A Companion for Twelve Step Recovery, p. 72, 73*

*Moving through the steps people report being increasingly in contact with someone - a "Person" rather than a philosophical Higher Power. When this change takes place, we often see miracles happening in their lives. After much fear of losing control, they discover insight, wisdom, power, and*

*courage that they didn't have at all two weeks before. At that point many say, "I surrender, I give up." They begin to communicate with God concerning what is happening to them. And that's when they are ready to receive the help of Step Eleven.*

*Although these changes happen for many people, they do not happen for all. Many work the steps and stay sane in Twelve-Step programs yet somehow miss the whole thing about prayer and meditation. Most of the people who work good programs, however, are connected to God and do use prayer and meditation in some form. They use them as practical ways of learning who God is and what his will for them may be, as well as for learning useful truths about who they are and what they're to do in order to find happiness, guidance, peace and continued growth. But mostly they pray because they feel gratitude, love and a sense of awe that the One with whom they are in contact is using his power to heal them.*

*- A Hunger for Healing, by Keith Miller, p. 180*

## Step 12

Having had a spiritual awakening as the result of these steps, we tried to carry this message to other addicts, and to practice these principles in all our affairs

### How It Works

Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics. It works when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics! You can help when no one else can. You can secure their confidence when others fail. Remember they are very ill.

Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends - this is an experience you must not miss. We know you will not want to miss it. Frequent contact with newcomers and with each other is the bright spot of our lives.

-A.A. Big Book p.89

### Comments from Web Sites and Publications



Step 12 gives me the satisfaction of helping others. I am uniquely suited to help others that have suffered the same addiction as I have suffered with. Although I did not plan on being in the role of the recovering addict, I find myself in that role because of the choices that I have made. It now becomes my duty as well as my joy and privilege to find others suffering in a similar way and to help them in the best way that I know how. It completes the cycle of life and I get to play a wonderful part in it.

The joy of living is the theme of A.A.'s Twelfth Step, and action is its key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in all its full implication, it is really talking about the kind of love that has no price tag on it.

- Twelve Steps and Twelve Traditions, p. 106

The selfless service of this work is the very principle of Step Twelve. We received our recovery from the God of our understanding, so we now make ourselves available as His tool to share recovery with those who seek it. Most of us learn in time that we can only carry our message to someone who is asking for help. Sometimes the only message necessary to make the suffering addict reach out is the power of example. An addict may be suffering but unwilling to ask for help. We can make ourselves available to these people, so that when they ask, someone will be there.

Learning the art of helping others when it is appropriate is a benefit of the N.A. Program. Remarkably, the Twelve Steps guide us from humiliation and despair to a state wherein we may act as instruments of our Higher Power. We are given the ability to help a fellow addict when no one else can. We see it happening among us every day. This miraculous turnabout is evidence of spiritual awakening. We share from our own personal experience what it has been like for us. The temptation to give advice is great, but when we do so we lose the respect of newcomers. This clouds our message. A simple, honest message of recovery from addiction rings true.

- Narcotics Anonymous Basic Text, Chapter 4/Step 12

Helping others is a significant part of the program, and there are many ways the program gets passed on. When you live the program and share it with others, you are carrying the message, especially when you sponsor new members. In practicing the Twelfth Step you will find that -

- By witnessing to others, your appreciation of the program and the program's impact on your life deepens.

- By hearing the stories of new members, you are reminded of where you were when you started.
- By modeling to others, you become aware that you need to practice what you preach.
- By giving to others, you develop bonds with new people who really need you
- By helping others, you give what you have received.
- By supporting new beginnings, you revitalize your own efforts.

- A Gentle Path Through the Twelve Steps, by Patrick Carnes, p. 197

Although we enter recovery to heal a particular affliction, we find that, in the end, we have received far more than a specific healing of an addiction; we have received the gift of a profound spiritual awakening...

The second phrase in Step 12 reads: "we tried to carry this message to others." Twelve Step programs place great emphasis on outreach to those who still suffer. Another oral tradition says, "You can't keep it unless you give it away." Having received healing and spiritual renewal, we can retain them only as we offer them to others...

On a practical level, psychologists have long believed that there is a special capacity for empathy between persons who have shared the same addictions. That is why Bill Wilson encouraged alcoholics to help other alcoholics, and it is also why we now have such a proliferation of recovery support groups for different dependencies. Again, the premise is that people who have suffered from an addiction and have found spiritual healing from it are in better positions to understand and help others with similar problems.

- Serenity, A Companion for Twelve Step Recovery, p. 76 & 77

Step Twelve is considered to be so important that it takes up much more space in the literature than any other step. It's almost three steps in one. I have divided it into three parts to look at in this chapter.

1. Having had a spiritual awakening...
2. We tried to carry the message to others...
3. And to practice these principles in all our affairs.

1. In the Twelve Step community the word spiritual usually doesn't mean the same thing as the word religious. For many, spiritual refers to being in touch with and living on the basis of "reality". A spiritual woman, for instance, would be in touch with her own reality, her own feelings, her own controlling and diseased behaviors and character defects as well as her own

preciousness and gifts. She would be in touch with the reality of other people and with ultimate reality in the experience of a Higher Power, God. In that sense a "spiritual awakening", whatever else it might include, is an awakening to seeing and dealing with reality in one's own life and in relationships with other people and with God...

2. In the Twelve Steps, where people learn about God through their own experiences with him, there is no need to "persuade" with theology or verbal arguments. We let pain do the persuading, because we know that it is only through pain that the hunger for healing comes that will make us ready to admit our powerlessness. We know that until the pain of our lives was greater than the fear of swallowing our pride and going for help, we were not hungry enough for healing to go for it through the Twelve Steps...
3. When we first read that we were to "practice these principles in all our affairs", some of us didn't understand. How could we use the Twelve Steps to deal with conflict in a personal relationship or a decision about buying a house? Gradually we realized that "practicing principles" means taking specific usable pieces of truth out of larger truths and applying the smaller principles to a different situation...

- A Hunger for Healing, by J. Keith Miller, p. 196, 199, 210

The above readings were displayed by BigBookStepStudy.com

## Reading Essays

**Answer the following questions.**

### **Step 10**

What does Step 10 mean to you?

How does Step 10 work?

What are some practical ways you can apply Step 10 to your life?

What did you learn about Step 10?

### **Step 11**

What does Step 11 mean to you?

How does Step 11 work?

What are some practical ways you can apply Step 11 to your life?

What did you learn about Step 11?

## Step 12

What does Step 11 mean to you?

How does Step 11 work?

What are some practical ways you can apply Step 11 to your life?

What did you learn about Step 11?

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Week 30 – Sobriety Maintenance Presentation

### Week-to-Week Workbook Assignments

- ☐ Complete **Sobriety Maintenance** exercise and review with counselor.
- ☐ Briefly **share about your planned sobriety maintenance** at your WMDCP Hearing.
- ☐ Complete **Weekly Counseling Journal**
- ☐ Complete **Weekly Sit Spot Journal**

## Sobriety Maintenance (reduce decisions that cause negative consequences)

List the five risky situations that could most likely trigger a relapse. (These relapse cues could be sights, sounds, people, places, attitudes, social situations, etc.)

1.

2.

3.

4.

5.

For each risky situation listed above answer the following questions.

Situation # 1 \_\_\_\_\_

1. During this situation what are your thoughts? Are these thoughts rational?
2. During this situation what feelings do you experience?
3. During this situation are there any physical symptoms?
4. Describe the typical surroundings when you are in this situation?



5. Knowing these warning signs, do you believe you would be able to recognize when you are in this risky situation.
6. If you discover that you are in this risky situation and you feel the relapse cues coming on, what will you do to interrupt a relapse? (List three things)
7. What are three things you can do to prevent yourself from being in this situation?
  - a.
  - b.
  - c.

Situation # 2 \_\_\_\_\_

1. During this situation what are your thoughts? Are these thoughts rational?
2. During this situation what feelings do you experience?
3. During this situation are there any physical symptoms?
4. Describe the typical surroundings when you are in this situation?
5. Knowing these warning signs, do you believe you would be able to recognize when you are in this risky situation.
6. If you discover that you are in this risky situation and you feel the relapse cues coming on, what will you do to interrupt a relapse? (List three things)
7. What are three things you could do to prevent yourself from being in this situation?
  - a.
  - b.
  - c.

Situation # 3 \_\_\_\_\_

1. During this situation what are your thoughts? Are these thoughts rational?
2. During this situation what feelings do you experience?
3. During this situation are there any physical symptoms?
4. Describe the typical surroundings when you are in this situation?
5. Knowing these warning signs, do you believe you would be able to recognize when you are in this risky situation.
6. If you discover that you are in this risky situation and you feel the relapse cues coming on, what will you do to interrupt a relapse? (List three things)
7. What are three things you could do to prevent yourself from being in this situation?
  - a.
  - b.
  - c.

Situation # 4 \_\_\_\_\_

1. During this situation what are your thoughts? Are these thoughts rational?
2. During this situation what feelings do you experience?
3. During this situation are there any physical symptoms?
4. Describe the typical surroundings when you are in this situation?

5. Knowing these warning signs, do you believe you would be able to recognize when you are in this risky situation.
6. If you discover that you are in this risky situation and you feel the relapse cues coming on, what will you do to interrupt a relapse? (List three things)
7. What are three things you could do to prevent yourself from being in this situation?
  - a.
  - b.
  - c.

Situation # 5 \_\_\_\_\_

1. During this situation what are your thoughts? Are these thoughts rational?
2. During this situation what feelings do you experience?
3. During this situation are there any physical symptoms?
4. Describe the typical surroundings when you are in this situation?
5. Knowing these warning signs, do you believe you would be able to recognize when you are in this risky situation.
6. If you discover that you are in this risky situation and you feel the relapse cues coming on, what will you do to interrupt a relapse? (List three things)
7. What are three things you could do to prevent yourself from being in this situation?
  - a.
  - b.
  - c.

## Weekly Counseling Journal

Date:

What did you learn about yourself this week?

How will this impact your life?

## Weekly Sit Spot Journal

Date:

Please choose two of your daily reflections and put them into practice this week.

1.

2.

How will you apply these teachings to your life?

1.

2.

Important Thoughts:

## Conclusion of Phase Three

Congratulations on your completion of Phase Three! You're only one phase away from successful completion of the WMDCP.

Please take time to meet with the WMDCP Coordinator and go over the following objectives. Discuss your progress in each of the areas.

**In Phase Three the client will:**

- ☐ Learn how to develop life goals and objectives;
- ☐ Learn about his/her family and community history and the role he/she plays in both;
- ☐ Analyze his/her innermost fears, resentments, and sex conduct;
- ☐ Place trust in his/her sponsor and build a relationship with him/her;
- ☐ Chair self-help meetings;
- ☐ Increasingly apply the principles found in the culture of our ancestors to his/her life;
- ☐ Complete in-depth studies on Step Four, Five, Six and Seven of the AA/Wellbriety programs.
- ☐ Become willing to let go of unhealthy defense/survival mechanisms;
- ☐ Humble himself/herself;
- ☐ Learn about relapse prevention;
- ☐ Be comfortable praying out loud; and
- ☐ Remain abstinent from drugs and alcohol.